

RIDE & TIE



NEWSLETTER

SEPTEMBER 2011



Sue Smyth teamed up with newcomer Hillary Mars for Hillary's first Ride & Tie at the Wild West Ride & Tie in California's Tahoe National Forest, on Sue's horse, Joe Peshi.

Photo: Bill Gore and Rene Baylor. Photoshop by A. Parsons.

PRESIDENT'S MESSAGE

The Dog Days of Summer

Summer is coming to a close. The days are getting a little shorter, and the horses are starting to shed their summer coats. The back-to-school theme is playing big in some households, including mine, though a little differently than in recent years. I will be teaching a class at Cal State Long Beach this fall. Yikes!!

In addition to back-to-school, the end of summer also means the great fall ride & ties are coming! Even though the 2011 ride & tie season is starting to wind down, there are still quite a few races to help you rack up some points and miles (we have cool awards for you high miles folks), or to just go have fun if points are not your thing. Pick one or more and go for it!

- September 9-11 - Big South Fork (Jamestown/Oneida, TN)
 - September 11 - Big Bear (Big Bear, CA)
 - September 16-18 - Chesapeake Fall (Elkton, MD)
 - October 1 - The Coolest (Cool, CA)
 - October 15 - Foothills of the Cascades (Molalla, OR)
 - October 20-21 - Fort Valley (Fort Valley, VA)
 - October 29-30 - Cuyamaca (Cuyamaca, CA)

Since becoming President I have enjoyed going to different places to check out ride & tie events. Each place has its own magic. In July I had the pleasure of spending a whole week in Capitan, New Mexico, enjoying four days of ride & tie. What a beautiful place, and what a terrific event! Roger and Sue Taylor do a phenomenal job out there. For those of you who have not ventured out that way you really should go check it out. Each year it starts on a Sunday, and there are six days of endurance and four days of ride & tie. On our "off" days we volunteered at the vet check, and one day we also helped pull ribbon. We had three people try a ride & tie for the first time (and two of them did so twice!). Welcome Ray, Linda and Teslin! Thank you to our newest board member, Sherrie Reimers (from Texas) and equine partner "Sammi" for teaming up with me. Many thanks, also, to Dave Kaden (Specialized Saddles) for letting us use his horse, Sarah's Song on our second day. Put that race on your calendars next year.

Online Points and Miles Coming Soon

At least I think so. We started loading race results into the Ride & Tie System starting in 2010, and it now calculates points and miles automatically. But there are only two years' worth of data in there so we are in the process loading total miles and championship history records in to the database so that we have it all in one place. Not only will this greatly reduce the workload of our dedicated statistician, Steve Anderson, but it will also place the information at your fingertips by allowing you to look up your own points and miles on the web. This should be up and running by year-end so stay tuned...

Go Ride & Tie!

-Melanie

Melanie Weir (left) and Sherri Reimers (shown here on WMA Samuel, AKA "Sammi") (right) teamed up for three of the four days of the Ft. Stanton Ride & Tie in New Mexico. (Photos: Linda Sherrill)

**Congratulations to Melanie,
who joined the 1,000 mile club
this season, with 1,043 career miles...
and the season ain't over yet!
Way to go, Melanie!**



Success at Ride & Tie Booths at Sacramento's Horse Expo!

By Sue Smyth

Ride & Tie members joined forces to staff a series of exhibition booths at several Expos and horse events this past winter and spring, with success in recruiting new members and competitors!

The Ride & Tie booth at the Horse Expo in Sacramento, CA in June was a huge success. Sue Smyth headed up the group of volunteers who helped her staff the booth, and she heard back from a number of the visitors to the booth. In fact, Hillary Mars joined the Association as a result of Sue's encouragement, and teamed up with Sue for Wild West Ride and Tie in June, and again at the Snow Tent Slide Ride & Tie in July. Way to go Sue and Hillary! Thank you to all the volunteers: Sue Smyth, Linda Shaw, Rachel Grimm, Brittany Mills, Victoria Ordway and Jennifer Tiscornia-Steere. Next year we will plan a ride and tie exhibition.

Members! Remember to keep sharing your passion for ride & tie! Put on clinics, invite new competitors. If you need ride & tie flyers to hang up at your local feed/tack and running stores, contact any of the board members, or print race flyers from the website.

Go Ride and Tie!



Wild West Review

By Sue Smyth

Just one week after the Championship, the Wild West Ride & Tie captured contestants for a romp in the Tahoe National Forest at Skillman Camp. This race date was changed from May 29th to June 26th due to the heavy snow pack. The championship must not have been tough enough for Elaine Ruprecht, Sara Howard, Sue Smyth and Pat Browning as they showed up with all smiles. Elaine and Sara showed up the group by running the long course solo, coming in first. You go girls!

The short course was a close race of four competing teams. New member Christine Dahl with Darlene Julian were first on their pinto pony, Candy, followed by Cheryl Domnitch and Merry Law on Gypsy. Sue Smyth with new competitor Hillary Mars on Sue's horse, Joe Peshi (the horse, not the actor), narrowly beat Pat Browning and new member Zane Hays who were riding ride & tie professional "Willy". The time spread was only eleven minutes from first to fourth. Hillary was overheard saying "We could have done the long course" and "When is the next event?". To all our new members, we look forward to seeing you again. And thank you, Melissa, for putting on a fun event and course.



Wiley is the New Top Ride & Tie Mileage Horse

Congratulations to Wiley, Pat Browning's famous Ride & Tie horse. The Wild West Ride & Tie put him ahead of the previous top mileage horse, Scot's Bilexijo (Rinde). Wiley now has 1,429 career Ride & Tie miles in his 18 years of racing! Wiley is shown at left at the Wild West Ride & Tie with new member Zane Hays on board, and partner Pat Browning.

Photo: Bill Gore and Rene Baylor.

VETERINARIAN'S CORNER

In My Mind I Can Still Do That

By George Hall

When watching humans and animals from a distance, it is pretty easy to tell who is young and spry and who is feeling their age. The young and healthy have spring in their step and act as if they are floating on air. The seniors, however hard they try, look like they are lucky just to be moving down the road.

When I first started doing ride & tie, I was 29 years old in good physical condition, but not a runner. After just a few months of conditioning on trails and fire roads of the Santa Cruz Mountains, I was in good shape, had decent speed and could do the rock dance like nobody's business. On my training runs and in races, I sometimes had to dig deep to keep up my desired pace and get the job done...no problem. Sure, my muscles were burning, but my motto was "the faster you go, the sooner you get there". I would be sore and hobbling for a few days afterward, but if I ignored my soreness and headed out for a run, the pain would melt away and I would be moving out. If a rock or root got the better of me, I would quickly pick up the pieces, dust myself off and be flying down the trail again. If I did hurt myself...sprained ankle, bruised or strained muscle, it would heal quickly while still being able to get some miles in. Not no mo'.

My muscles do not respond to conditioning as quickly. They don't stretch as far or as fast. My joints are achy and my range of motion is reduced in my ankles, hips, back, shoulders, and hands. I feel like an old pick-up truck with a loose front end and worn out springs and shocks. I get cold easier. I need to be more careful about hydration, calorie and electrolyte intake. I don't have the speed or endurance, especially on the flats and downhills, and it seems like it takes forever to get there, wherever "there" is. When I head out for a run or race, I start with great enthusiasm, with great expectations. Then reality hits. I am often reduced to a walk in order to just keep going. When I am done, I am pretty wiped out and need some Vitamin I...Ibuprofen.

Our equine teammates are no different. We need to remember our seniors have the heart and desire, but may not have the physical ability to live up to their own expectations and enthusiasm, especially at the start of a race. With the excitement, the horses and runners are jacked up and ready to go. They think they can, but we need to help them remember their limitations. They are much more susceptible to fatigue, resulting in injury or metabolic disorders. They may start out fine, but as they tire or their joints start to ache, they are much more prone to stumbling, being impatient, and irritable. They may not pulse down as quickly or may be a little reluctant or "off" when asked to trot out at the vet check. They need more care during the race and after to help them have a good experience and a long and healthy career. Good feed and electrolyte supplements are important. Ice their legs, give some pain relief, (as long as they are well hydrated) with non-steroidal anti-inflammatory drugs like "bute", but be sure to adhere to Ride and Tie Association policy regarding prohibited substances before and during a race. Take them for frequent, gentle walks after the race. Put a warm blanket on them. Get them out frequently to stretch their legs on the trip home. These can all help our very important four-legged partners live a long and healthy life, and help them be eager to do it again.



**CONGRATULATIONS
TO GEORGE HALL
ON BECOMING A MEMBER OF THE
2,000 MILE CLUB! George now has 2,013
career miles! Keep on keepin' on, George!**

Last, but by no means, least, George Hall (in his famous Levis cut-offs and great legs) finished the 2011 championship with teammates Don Betts and Cinder. This marked George's 29th championship completion!
Photo: Dennis Miller

CONGRATULATIONS TO OUR 2011 RIDE & TIE SCHOLARSHIP RECIPIENT HEIDI TALBOT

Heidi Talbot is the 2011 recipient of the Ride & Tie scholarship award, presented annually to a deserving veterinary student. Heidi is a first-year veterinary student at Washington State University College of Veterinary Medicine in Pullman, WA. Here Heidi shares with us her first introduction into the world of equine veterinary research. What a totally cool summer job!

The Best Summer Job I Ever Had

by Heidi Talbott

Sometimes being in the right place at the right time is all it takes for a truly wonderful opportunity to present itself. That is exactly what happened to me when I heard about what turned out to be the best summer job I ever had. At the time, I was working at a local bar in town. A customer came in and when he heard me talking about riding horses he asked me if I had horse experience and whether I wanted a summer job. As it turned out, this customer was a second-year veterinary student at Washington State University. As part of his extracurricular education he had applied for, and been granted, money toward a project at the Equine Exercise Physiology Lab. Hearing of my horse experience and desire to attend veterinary school myself, he invited me to apply to work there for the summer.

The Veterinary College at WSU has a high-speed equine treadmill. This treadmill is used primarily for research purposes in equine exercise physiology, but can also be used to make respiratory diagnoses and evaluation, and was once even used in a study for sled dogs! Typically, research projects are funded through grants and are carried out during the summer, when veterinary students are available to work. The first summer I spent at the treadmill was a busy summer, with two funded projects and over nine Thoroughbred horses to bring into peak fitness and test. The first project was a study of erythrocyte ion-exchange during prolonged low-level activity (in other words, how salts were internally regulated during an endurance-type ride). The second project was aimed toward creating a more effective mask which would measure O₂ consumption and CO₂ output more effectively than the models which were currently available on the market.

In the beginning of summer, the day would begin at 7 or 8 in the morning. The five to seven of us students who were working would show up, take a five horse stock trailer to where the horses were located, about a half-mile away, and bring the first load of horses to the lab. There we would pick hooves, brush coats and trot out the horses to detect any lameness prior to exercise. We would also perform minor health checks including temperature, respiration and heart rate. We would record this information in the horses' charts and then stall the horses until they were ready to get on the treadmill. Approximately 15-20 minutes prior to loading the horse on the treadmill, one person would hand-walk a horse to warm them up for more intense exercise. Post-workout, the horses were once again hand walked to cool down, then hosed, grained and watered until all horses were ready to go home.

During the first six to eight weeks of the summer, the workouts for the horses included alternating low intensity extended exercise - for example a trot at 4 meters per second (mps) [about 8.2 miles per hour], for 30 minutes at a 7% incline - or a more variable interval or incremental workout at higher speeds (i.e. 4 min. at 4 mps, 2 min. at 6mps [about 12.2 mph], 2 min at 8 mps [about 16.4 mph], 3 min at 10 mps [about 20.5 mph] and a cool-down of 4 min. at 4 mps also at 7% incline). As time progressed, the horses became more fit and the exercise became more strenuous. Eventually, the horses were running incremental workouts to their VO₂ max at peak fitness. This is the highest threshold of speed and O₂ consumption. The speed is maintained for only a short while, but the data collected from this VO₂ max gave us a baseline for how fit the horses were relative to each other.

Once the horses reached peak fitness, it was time for data collection. Data collection was much more grueling for us student workers than a regular workout day. Collection days involved long hours, attention to detail and no room for mistakes. I once ran blood work on over one hundred test tube samples, one at a time. Despite the reasons for possibly hating data collection, it was the most fun. Emotions ran high, friendships were forged and I learned a great deal.

My job at the treadmill was a great experience. It expanded my knowledge of veterinary medicine, but it also gave me valuable insight into the world of research. The horses at the treadmill are often donated horses. Most horses accept the treadmill quickly and readily, because it plays on their natural desire to move. The horses of the treadmill are treated well, with excellent veterinary care and great attention paid to their health and happiness. You can see it in the eyes of these ex-racehorses they love the speed and exhilaration they experience with every workout. While animal research is often dubbed as a controversial topic, my experience with it was fruitful and fulfilling.

Working at the treadmill was the best job I have ever had. I have gained invaluable veterinary experience, I worked with some of the nicest (and smartest) people you have ever met, and to top it off, I got to 'play' with horses, all day, every day. And for someone like me, who loves horses more than life itself, there is hardly anything more exhilarating than standing, unmoving, mere inches away from their favorite beast moving nearly thirty miles per hour! The halls of McCoy Hall come alive with the sound of hoofbeats and the walls reverberate from the force. It's the next best thing to being on top.



Right: Heidi and her horse, Levi. Heidi is very interested in Ride & Tie. Let's get her out on the trails for some races soon! Photo: Cyndi Smith

OUR SNOW TENT SLIDE RIDE & TIE STORY

By Lois Wifall & Ron Belknap

Ron & I first heard of Ride & Tie in 2001 when we participated in the Ride & Tie Championships held at Euer Valley, CA. We were entered in the AERC Limited Distance ride and were brand new to endurance. The LD and the R&T started at the same time and I confess I had no idea what we were getting into! As people ran yelling and screaming across the meadow at the start I struggled in vain to control Sam, my horse. He had never in his life seen anything remotely like it! (Nor had I!)

While Ron and I continued to ride endurance, we were intrigued by this crazy sport called Ride & Tie and determined to one day try it. Years passed. We sort of watched the Ride & Tie schedule. Then one fateful Thursday night as we were lamenting having to cancel an endurance ride set for that coming Saturday because my mare had thrown a shoe and was "off", I vaguely remembered that there was a R&T scheduled for that weekend, the Snow Tent Slide Ride & Tie near Nevada City, CA.

Friday morning found me on the phone to the ride manager, Cheryl Domnitch, who must have thought we were nuts! "We aren't members, we haven't signed up and we've never done one before. Can we come? No, we haven't practiced. No, we don't know if our horse will tie. No, we don't have a tie rope. And we'd like to do the long course. We can come???!?! FANTASTIC!!"

Friday afternoon we pulled into ride camp and spent the evening meeting wonderful people who were full of information and advice and who patiently answered our never-ending questions. Liz Carey took pity on us and generously volunteered to crew for us. (Crew? We need crew? What else are we missing?)

By Saturday morning I was pretty sure we were making a big mistake, but we were committed and off we went. I started running and Ron started on Sam (yep, same Sam who lost his brain in his first LD at Euer Valley in 2001). Once the race started I settled down and concentrated on pacing myself. As the miles went by we started developing a sort of routine. I made all kinds of mistakes. My first tie was a disaster and Ron caught up to me before I found a tree small enough to tie to! I was totally disorganized at the vet check. Somewhere during the last loop we ran out of water. We were there to have fun so I tried to relax and just learn. Sam was incredible. He very quickly figured out the routine and stood patiently watching for his next rider. As the miles progressed, the hills really did me in. I do confess to walking some (a bunch) towards the end! When we finally saw the finish line it looked even better than the beautiful views we had enjoyed earlier, looking out over the canyons. We were toast! As we slowly came back to life it started sinking in that we'd actually done it! We relaxed and enjoyed lunch, awards (which were great) and visiting with our new friends.

As we drove home rehashing each hill (which, of course, got longer with the reliving), we also talked about how much fun it was and what a great feeling of accomplishment to have finished. But we both agreed that what impressed us the most and what really made the day so enjoyable were the incredibly friendly and helpful new friends that we met. What a great group of people! We'll be back!



Lois Wifall on Sussman and partner Ron Belknap bravely tackled the 20-mile Snow Tent Slide race near Nevada City, CA for a 5th place finish at their first-ever Ride & Tie! Ride & Tiers are nothing if not intrepid! Congratulations, Lois and Ron! We hope to see more of you at future races! Photo: Liz Carey

Scenes from Snow Tent Slide Ride & Tie

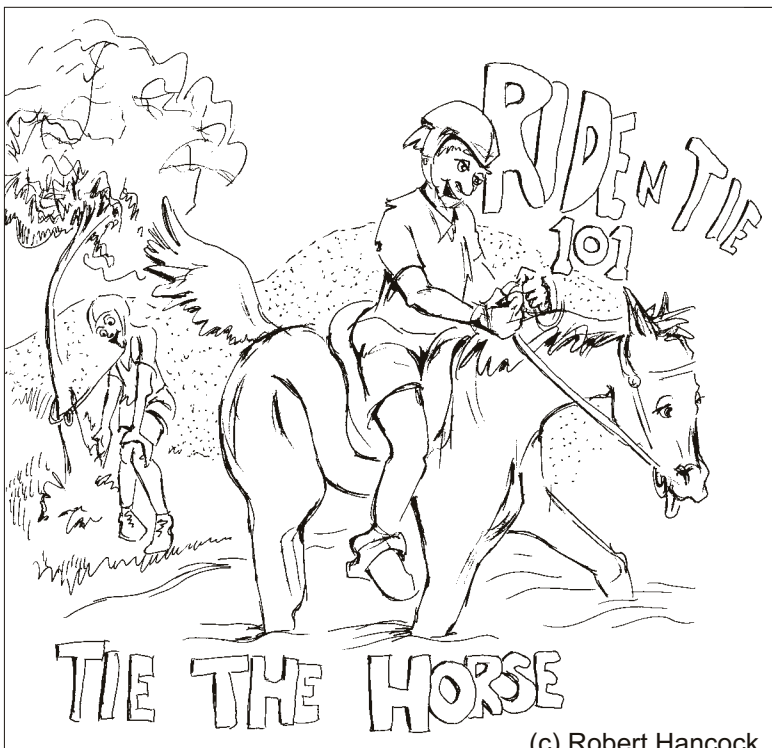


Left: Beth Love and Rufus Schneider with Temperance won First Place at the Snow Tent Slide Ride & Tie. Photo: Liz Carey

Right: Gunilla Pratt and Mike Whelan with Mark took 2nd place and Best Condition. Photo: Liz Carey



Left Cathy Scott on L.D. Monique finish 4th with team-mate Melissa Ribley. Photo: Liz Carey



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Newcomer Dick Root relaxes in the shade after reaching the finish line before his partner Tim Rubin at the Pacific Crest Ride & Tie. This was Dick's second ride & tie and he is an ANIMAL! Watch for him in future standings!

LEVI'S RIDE & TIE



Rules of the Race

1. This event of historical significance is being revived to challenge the endurance and skill of all concerned, over a course of about 25 miles from St. Helena to Sonoma, California, on the sixth day of June, 1971.

2. Each entry will consist of two teammates with a single horse. One person rides ahead, dismounts, ties the horse and continues on foot. When the teammate who began on foot reaches the horse he mounts and rides past his partner. The pair repeat this, moving continually forward over the course with the horse getting a rest-grazing break between.

3. First team to finish takes a prize of \$1,000 added (see Number 4 below). The second place award will be \$500; third place, \$250; fourth place, \$125; fifth place, \$75; sixth place, \$50. All of the listed cash prizes will be doubled if both team members are wearing Levi's.

4. Entry fee of \$50 per team (all entry fees added to the prize money).

5. Entries must be postmarked no later than midnight Friday, May 28, 1971, and mailed to Levi's Ride & Tie, 98 Battery St., San Francisco, Calif. 94106. Any requests for refunds must be made in writing prior to that deadline.

Get Your Entry Blanks Here or Levi's, San Francisco

Newly Rediscovered! The very first Ride & Tie event poster

from the 1971 Levi's Ride & Tie was thought to be extinct until recently when Bud Johns, the Father of Ride & Tie, shared this rare (as in, we believe he has the only remaining copy in existence) race poster with me. Our intent is to include it in the update of the "40 Years of Madness" book whenever that occurs. This was the year when Bud invented the sport! No one yet had heard of it, but 64 teams turned out to compete!

RACE RESULTS

Wild West, the New Race in Town (Nevada City, that is)

OLD GLORY RIDE & TIE - 20 Miles May 29, 2011 TX
 Sherrie Reimers/Laura Lund on Lucky 4:15

WILD WEST RIDE & TIE - 25 Miles June 26, 2011 CA
 Sara Howard/Elaine Ruprecht on Nisaba's Zephyr 3:23

WILD WEST Short Course - 12 Miles June 26, 2011 CA
 Darlene Julian/Christina Dahl on Candy 1:56
 Cheryl Domnitch/Merry Law on Sweet Gypsy Rose 1:59
 Susan Smyth/Hillary Marrs on Joe Peshi 2:06
 Pat Browning/Zane Hays on Willey 2:07

BANDIT SPRINGS Ride & Tie - 30 Miles July 9, 2011 OR
 Charles Conrow/Annette Parsons on Desert's Golden Rose 4:11

FORT STANTON RIDE & TIE - 35 Miles July 10, 2011 NM
 Melanie Weir/Sherrie Reimers on WMA Samuel DNF

FORT STANTON RIDE & TIE - 35 Miles July 12, 2011 NM
 Melanie Weir/Sherrie Reimers on Sarah's Song 5:22

FORT STANTON RIDE & TIE - 20 Miles July 12, 2011 NM
 Ray Sansom/Linda Taylor on Springdale Red 5:12

FORT STANTON RIDE & TIE - 35 Miles July 14, 2011 NM
 Melanie Weir/Sherrie Reimers on WMA Samuel 6:19

FORT STANTON RIDE & TIE - 35 Miles July 16, 2011 NM
 Melanie Weir/Sherrie Reimers on WMA Samuel DNF

FORT STANTON RIDE & TIE - 20 Miles July 16, 2011 NM
 Teslin Ruge/Erin Pettyjohn on Sarmin 3:30
 Ray Sansom/Linda Taylor on Springdale Red 5:31

PACIFIC CREST RIDE & TIE - 30 Miles August 27, 2011 OR
 Jim Clover/Pete Ortiz Jr. on Kiger Deserts Golden Rose 5:14
 Debbie Hansen-Bernard/Steve Anderson on Abby (BC) 5:39
 Dick Root/Tim Rubin on Flaming Will 6:02



The town of Nevada City, California has such a wild and wooly history, the new ride & tie held near there is aptly named!

Above: At the Wild West Ride & Tie, Christine Dahl on Candy catch up with their teammate, Darlen Julian.

Below: Merry Law runs as her partner Cheryl Domnitch on Sweet Gypsy Rose looks for a place to tie. Photos: Bill Gore and Rene Baylor



POINT STANDINGS:

Don't forget to check the website for the latest point standings for horses and humans. Visit www.rideandtie.org and click on "Points and Mileage".

Ride & Tie in the Mags!

Check out this Runners World interview with Jim and Sara Howard
<http://www.runnersworld.com/cda/microsite/article/0,8029,s6-238-511-0-14037-0,00.html>

And if you were not aware that we have a library of articles on our website, check it out.
<http://www.rideandtie.org/library.html>

Junior Editor's Page

by Darlene Julian



Junior Editor Darlene Julian is keeping in great shape and burnin' up the trails at Ride & Ties this season!

To Finish is to Win A Young Ride & Tie Finds Out It Is True!

For many junior Ride & Tiers, the summer is coming to a close and we have begun to count the days left before school starts. Our schedules are busier and we try to fit riding in with preparing for the school year. But even with having a tighter schedule, young competitors like Teslin Ruge have discovered their love for Ride & Tie. Teslin, a 14-year old from Las Vegas, New Mexico, had her first experience with the sport at the Fort Stanton ride & tie on July 16th. She competed in the 20-mile short course with her partner, Erin Pettyjohn, and her horse, Sarmin. They took first place with a time of 3:30.

I queired Teslin about her first-time Ride & Tie experience:

Q: How did you become interested in Ride and Tie?

A: I became interested in Ride and Tie when I found the Ride & Tie website online. I read an article about it, and thought it sounded like a lot of fun!

Q: How was your first experience with the sport?

A: My first experience with this sport was mainly really fun. I had always been into running, although I had never done it competitively. Also, my horse Sarmin, who is a 20-year old Arabian gelding, has done competitive trail riding and endurance all his life, so he is a Champ on the trails. He was a bit confused at first as to why he was being left tied to a tree while I ran off, but soon he got used to it, and would turn around and look for the approaching runner. Overall, we all had a lot of fun!

Q: Have you had previous experience with running or horse riding?

A: I have not had any racing experience with running before. I haven't been on the track or cross country team at my school, but I have always loved to run for fun. In terms of my riding experience, I have ridden since I was six or seven. My family didn't own horses until three years ago, but I used to take lessons. I had never tried out endurance or ride & tie before, so it was a new experience for me, and certainly a good one.

Q: What are your other interests?

A: I mostly love to read, write, and ride! Currently I am writing a book with my friend (we are planning to publish it, and we already have 250 pages completed). In terms of riding, I am currently focusing on lower level dressage, as well as some jumping for fun (on horses, that is). I hope to start competitively jumping soon, as well as doing dressage shows.

Q: Do you have any advice for first-time Ride & Tiers?

A: The only advice I would have for a first timer rider is to just get out on the trail and have fun! As everyone says: "To finish is to win!"

Great job Teslin, Erin, and Sarmin! We hope to see you again soon out on the trails.



Left: Teslin Ruge rides out on Şarmin at the Ft. Stanton Ride & Tie, NM.



Right: After an exchange, Teslin's partner, Erin Poettyjohn charges ahead on Şarmin.



Left Teslin (running) and Erin, on Şarmin, approach the vet check.

Right: Three happy Ride & Tiers after the finish of their first Ride & Tie race!



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WELCOME TO
RIDE & TIE, Pete!

BLM Mustangs wrapped up *1st Place* (Rosie, above, with Jim Clover and newcomer Pete Ortiz, Jr.) and *Best Condition* (Abby, below, with Debbie Hansen-Bernard and Steve Anderson) at the Pacific Crest Ride & Tie.



40 Years of Madness: A History of Ride & Tie Championships

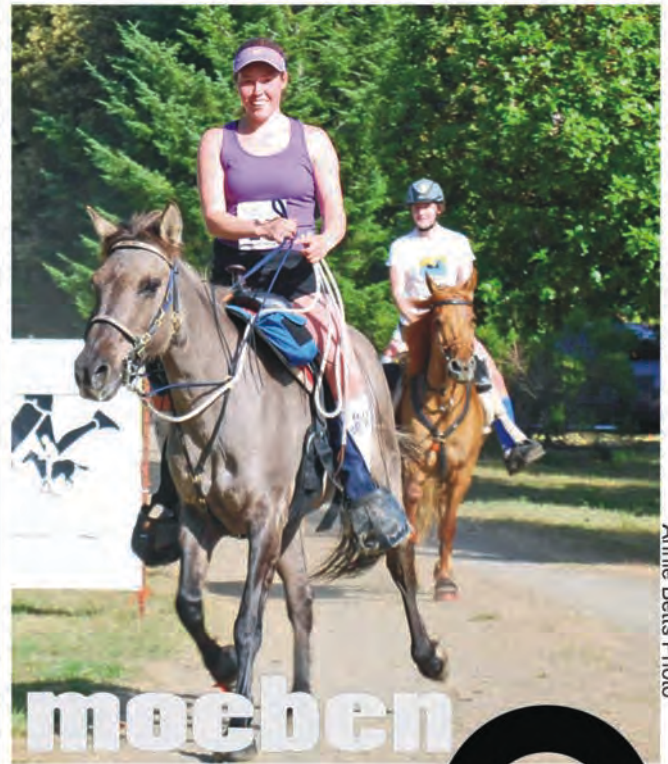
A collection of race results, posters, photos, and anecdotes from 1971 to 2010



Compiled by
Annette Parsons

With a special foreword by
Bud Johns,
the
Father of Ride & Tie

Did you miss out on getting your free copy of "40 Years of Madness: A History of Ride & Tie Championships" at the 2010 Championship? You can still purchase them at online booksellers including amazon.com or barnesandnoble.com. Proceeds benefit the Ride and Tie Association! Great for gifts!



Annie Betts Photo

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My First Ride & Tie

By Hillary Mars

I first learned about Ride & Tie at the 2011 Western States Horse Expo in Sacramento. I'd never heard of the sport and stopped to check out the info booth. I was thrilled to learn about a sport that encompassed two of my favorite things: running and horses. I was especially excited to learn that I could have a chance at participating again in an equine sport without having to own a horse capable of competing, as my own horse was retired and I had not competed in equestrian activities for over 10 years. I decided to learn more and left my contact info at the booth.

A few weeks later I received a "welcome" email from Sue Smyth. I emailed her right back, ready to get started. Sue then called me and suggested that I join her for a mentoring race experience. She explained that she and her horse had just completed the Ride & Tie championship and were ready for a slow, short, relaxing race. It seemed the perfect opportunity for me to give the sport a try, although I was not without apprehension. For starters, Sue called me Thursday for a race that following Sunday. I was in Arkansas on business at the time, hadn't run longer than 4 miles in months, and hadn't ridden a horse at fast speeds over terrain in years. But I try to embody a spirit of "carpe-diem" in everything I do, so I agreed to give it a go. I flew home from Arkansas Thursday night, met Sue and her horse Joe Peshi on Friday, and left for camping and the Wild West Ride & Tie on Saturday for a Sunday morning race.

The course was a "short" 14 miles, which was longer than anything I'd ever done before, so it was going to be plenty of challenge for me. I was surprised when went so quickly and effortlessly! I'd participated in several shorter "road races" before - 5Ks and 10Ks - and they were so much more painful than this. I really enjoyed traversing the forest trails, feeling enveloped by fresh mountain air and dust, times of sun and sweat, and long periods of cooling shade. Rather than the usual constant mental battle I'd grown accustomed to with road running, I felt entirely inspired and motivated during the duration of the race, being moved by a sense of joy that leapt from the confines of my human body and sent my spirit soaring high across the mountain hills and pines. The best thing about ride & tie compared to road races was the delight in being part of a team: working with Sue and Joe to encourage each other and strategize about how to be most effective on the course. I finished feeling energized and enthused, my mood so high I felt I could have easily kept going. And beyond the race itself, the entire experience was such bliss: camping, spending time in the great outdoors with a fun group of people, eating and laughing and telling fun stories. I immediately committed to the next race, Snow Tent Slide Ride & Tie, where I proudly finished the 25-mile course, again with Sue and Joe. I still pinch myself when I tell others I completed that distance something I never imagined possible and the second race was an equally joyful and uplifting experience, confirming my complete captivation with the sport and all of the unique and inspiring people involved in it.

My first Ride & Tie will forever be especially memorable to me, because that same day I lost my beloved horse, Wahkeena, who passed the morning of the Wild West race. Wahkeena was 31 and I was introduced to her when I was a little girl just learning to ride. She has been my north star - a guiding force in my life through my youth and development into adulthood. I feel a huge void and loss with the absence of her physical presence in my life. Yet while it certainly hasn't been an easy loss to accept, I am so blessed to have had "the end" of my time with her come to me at exactly the



same time I found Ride & Tie. For me, the sport symbolizes a new beginning in my athletic and equestrian endeavors which came to me at a very critical transition point in my life. I am passionate about making Ride & Tie a part of my life, in memory of her spirit and the symbolism it meant for me to be racing while she passed.

I also cannot thank Sue Smyth enough for introducing me to an amazing sport and a wonderful group of people. You can bet I'll be spreading the word and recruiting others to join us. Go Ride&Tie!

Sue Smyth (running) and Hillary Mars, on Joe Peshi at the Wild West Ride & Tie near Nevada City, CA. Sue recruited Hillary at the Horse Expo in Sacramento and now Hillary has two Ride & Ties under her belt! Welcome Hillary! Photo: Bill Gore and Rene Baylor.

2011 RACE SCHEDULE

(Check website for updated information rideandtie.org)

Sep 3, 2011, ONE HEART BENEFIT Ride & Tie Maxwell, IA

4.5, 12 and 20.5 mile courses. Benefit for One Heart Equestrian Therapy Center.
Contact Eileen Witt 515-290-2306 oneheartrideandtie@gmail.com

Sep 9-11, 2011, BIG SOUTH FORK Ride & Tie, Jamestown/Oneida, TN

Friday and Saturday: 30 and 50 or 55 mile courses, Sunday: 8 and 10 mile courses.
Contact Karen Isaacs 423-474-3024 thomaskaren@embarqmail.com

Sep 11, 2011, BIG BEAR Ride & Tie Big Bear, CA NEW RACE!!

11 and 22 mile courses. Contact Kat Swigart 714-747-3563 katswig@earthlink.net

Sep 16-17-18, 2011, CHESAPEAKE Fall Ride & Tie, Fair Hill, MD

30, 50, 80, 100 miles. Contact Cate Peloquin cpenguin57@aol.com 410-652-3454

Oct 1, 2011, THE COOLEST Ride & Tie, Cool, CA **Corrected Date**

8, 15, 25 miles. Contact: Linda Shaw Coolgalinda@sbcglobal.net

Oct 15, 2011, FOOTHILLS OF THE CASCADES, Mollala, OR

25 miles. Contact Anna Sampson or Mary Nunn 503-829-5321 flyingn@molalla.net

Oct 21-22, 2011, FORT VALLEY Ride & Tie, Fort Valley, VA

15, 30 and 50 mile courses. Contact Susan Trader 703-556-0223 susntrader@aol.com

Oct 29-30, 2011, CUYAMACA Ride & Tie Weekend, Julian, CA

Friday Ride & Tie Clinic! Oct 29th 30 miles, 15 miles and 5 miles; October 30th 20 miles and 10 miles. Bring your costumes! Contact Melanie Weir 714-321-3695 melaniew@socal.rr.com

APPLEGATE WINE COUNTRY CLINICS NET NEW MEMBERS

Jim Clover and Annette Parsons hosted two clinics at their "Dead End Ranch" in the wine country of SW Oregon's Applegate Valley. The first was in April and two newcomers, Jan Summers and Andrea Bowden, attended for an introduction to gear, techniques, training, and then did a practice with Jim and Annette and Rosie on the beautiful trails around their place. Both ladies came away eager and enthusiastic to try a Ride & Tie sometime. Big THANKS to Jan, who helped out at the Pacific Crest Ride & Tie in August for the 2nd year in a row. Next time we hope she'll be racing!

Jim and Annette hosted a second clinic in June, and Pete Ortiz, Jr. got a chance to learn the ropes. Pete was so enthused he agreed to do the Pacific Crest Ride & Tie in August with Jim and Rosie. Pete's background includes many years with horses and a focus on natural horsemanship. Pete served 20 years in a military career as a commissioned aviation officer and pilot. Today he is a MEDIVAC helicopter pilot in Northern California. He has a B.S. degree in criminal administration, a degree in Equine Science, and is a certified equine massage practitioner. WELCOME to Ride & Tie, Pete! We hope to see you on the trails soon!

Check out Pete's blog at palladiumrider.wordpress.com/



Photos: Annette Parsons

Above: Jan Summers (in mid-mount) and Andrea Bowden practice a 'flying tie', or hand-off, with Rosie at the Applegate Wine Country Ride & Tie clinic in April.

WELCOME TO RIDE & TIE, Jan and Andrea!

Below: Jim Clover (left) and Pete Ortiz, Jr. do a hand-off with Rosie on the Dead End Ranch trails in June.



Founding Members

Lon Clearwaters, Clark & Bradley Davis, Warren Hellman, Wayne, Robin, & Allison Hinrichs, Mike & Cynthia Jepsen, Bud & Fran Johns, Aileen Johnson, Lud & Barbara McCrary, Leah Mirsch, John Osterweis, Kirsten Peterson, Steve Shaw, Jim & D'Ann Steere, Eric Thompson, Lars Thompson, Mary Tiscornia, Ralph & Peggy Wadsworth, Brian Zuniga, and Levi Strauss & Co.

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September Mystery

Do you know WHO?

WHERE?

WHEN?

WHAT?

Email Annette at

newsletter@rideandtie.org



Race Directors! Be sure to designate a photographer at your races and send us the pix! And competitors, send us stories and photos of your Ride & Tie adventures to newsletter@rideandtie.org

Deadline is the 10th of the month prior to issue. Issues come out in March, May, July, September, November.

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July Mystery

Lari Shea correctly identified the rider as the late great Smokey Killen on his horse Bandit, but no one has identified the runner in the July mystery photo. The original shows the Levis Ride & Tie banner with "15th" and "Foresthill" on it, making it 1985. Smokey and Bandit are not listed in the results for 1985 in the "40 Years of Madness Book", nor do they appear in the two pages of finishers and DNFs I was sent when compiling the book. Does anyone have remember who Smokey's partner was at Foresthill in 1985?

